



Pinnacle

SENIOR CENTER

AUGUST

2026

Where Community Thrives!



INSIDE THIS ISSUE



AQUATICS
CALENDAR



FITNESS
CALENDAR



ACTIVITY
CALENDAR



PROGRAMS &
ACTIVITIES



SPECIAL
EVENTS



LIBRARY
NEWSLETTER

And so much more!

FEATURED THIS MONTH



DIABETES PREVENTION 08/03/2026



SEATED TAI CHI BINGO *Tuesdays* August 04, 18, 25



SEATED TAI CHI *Thursdays* August 06, 20, 27



HOUSTON FOOD BANK 08/14/2026



ALL WHITE PARTY 08/15/2026



SOUND BATH 08/18/2026



BINGO 08/21/2026



STAY ACTIVE

Move More.
Feel Stronger.
Live Better.



STAY CONNECTED

Build Friendships.
Share Moments.
Belong Together.



STAY ENGAGED

Explore New
Interests.
Keep Growing.



STAY INSPIRED

Stay Positive.
Stay Curious.
Stay You.



SPECIAL EVENTS

Exciting Events.
Memorable
Experiences.

Stay Active Stay Connected Stay Inspired

AUGUST ^{AT} *Pinnacle*



Where would you like to start?



STAY ACTIVE



Fitness Calendar



Aquatics Calendar



Water Warriors



Seated Tai Chi



LEARN SOMETHING NEW



Tech Tuesday



Diabetes Prevention



Medicare Workshop



Library Newsletter



HAVE FUN



Activity Calendar



Bingo



Card Players



Mahjongg Open Play



All White Party



CREATE & RELAX



Art & Meditation



Quilting Bee



Wild N Wooly



Sound Bath



CONNECT WITH OTHERS



Bible Study



The Red Hat Society



Houston Food Bank
(English)



Houston Food Bank
(Spanish)



NEED ASSISTANCE?



Contact Information

*We're here
to help!*

WHAT'S HAPPENING *in* AUGUST

Volunteer Instructor Donations

Help support our volunteer instructors. Donations are appreciated.

Friendly Reminder: Please limit cardio equipment use to 30 minutes during busy periods so everyone has an opportunity to exercise. Thank you for your cooperation!

Join us for Tech Tuesday on **August 4th at 10:00 AM** in the Multipurpose Room (**Meaning of Emojis**).

New Class Alert: Water Warriors

Join Tyler on Mondays and Fridays at 1:15 PM for a fun, 30-minute aqua fitness class combining cardio and strength training in the water.

On **August 18th (10:00–11:00 AM)**, Karina from the Area Agency on Aging will present Understanding Your Choices. Sign up with Angie for one-on-one Medicare assistance.

Welcome Back, Mrs. Penelope Hensley!

Sound Bath Meditation returns to Pinnacle on **Tuesday, August 18**. Experience the calming sounds and vibrations that encourage relaxation, mindfulness, and inner peace.

Enjoy **Bingo** with Constable Daryl L. Smith Sr. on **August 21st** from 11:00 AM – 12:00 PM. Seating is limited.

Birthday Celebrate -There will be no birthday celebration this month.

Fort Bend County Libraries **August Programs** (10:00–11:00 AM):

August 3rd – The MIX Book Club: Water Dancer, by Ta-Nehisi Coates

August 6th– Beaded Bracelets: Join us in creating beaded bracelets at this adult-craft activity!

August 13th – Free Online Learning Resources: Learn how to use YouTube and GCFGlobal to do almost anything.

August 20th - Growing Food and People - **Canceled**

August 27th – Computer Basics: Learn the basics of how to use computers.

See flyers for details.

Swim Lessons *with* Tyler

Skill Levels:

- Level 1 (Beginner):
 - No swimming skills needed.
 - Max 6 participants
- Level 2 (Intermediate):
 - Must be able to submerge head underwater and float on front and back.
 - Max 8 participants
- Level 3 (Advanced):
 - For those working on stroke techniques and endurance
 - Max 8 participants

Important Reminders:

- Arrive 5 minutes early to prepare for class.
- Bring: Towel, goggles, and swim cap (if applicable)

To Sign up:

See the Aquatic Fitness Coordinator, Tyler Shannon or visit our website to register.

*Help protect
our patrons,
visitors & staff.*

PARKING LOT SAFETY

A friendly reminder about new parking lot safety updates. These improvements help protect our patrons, visitors, and staff while reducing accidents. Please take note of the clearly marked pathways and traffic signs during your next visit.

For Drivers:

- Drive slowly (5 mph) and follow marked pathways
- Watch for pedestrians and other vehicles
- Use turn signals
- Avoid distractions
- Be mindful of blind spots

For Pedestrians:

- Stay alert and avoid distractions
- Use designated walkways
- Watch for vehicles, especially when backing out
- Look both ways before crossing
- Report any suspicious activity to staff

Thank you for your continued support.

Changing lives, one class at a time...

Always working within our power, potential, passion, and purpose! The Pinnacle Power Team (Gwendolyn, Angie, Tyler, Shanna, Dennis, and Ardelia)

August 2026				
MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				





Fort Bend County Parks & Recreations

Pinnacle Senior Center

5525-Suite C, Hobby Road, Houston, Texas 77053. Business Number (832-471-2765)
 General Business Days & Hours: Monday-Fridays (7:30-4:30 PM)
 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM))

August 2026 Calendar Schedule				
Please make sure you sign in at the front desk daily! Participation in Pinnacle Programs requires a registration form and signed liability waiver.		Volunteer Fitness Coordinator Coach Dennis “Mac” McCalpin	For updates, ask about our monthly Email-Blast and Remind101 text reminders.	
(AD)-Auditorium		(YR)-Yoga Room Located in Aquatics Area.	(MP) Multi-Purpose-Room	
Fitness Classes				
Beginner & Advanced Line Dance		Game Days & Step Classes	Strong & Fit Strength Training	Zumba
Boot-Camp-Chair-Men-& Move Fitness		Pilates & Yoga	Walk Video Session	Occasionally Informational Classes
MON-3	TUE-4	WED-5	THU-6	FRI-7
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step YR	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
9-945-Fit & Strong	9-10 Seated Tai Chi Bingo YR	9-945-Fit& Strong	9-10 Seated Tai Chi w/Misty YR	
950-1050-Line-Dance	10-11 Game-Day-w/Coach	950-1050 Line Dance	10-1045-Pilates	
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	10-1045 Zumba
12-1245 -Men-Fit	1150-1230 Boot-Camp	12-1245 -Men-Fit	1150-1230 Boot-Camp	11-1145-Move-Fit
1-145-Step	1245-130-Yoga	1-145-Step	1245-130-Yoga	12-1245-Men-Fit
3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)	2-3 Game-Day-w/Coach		
MON-10	TUE-11	WED-12	THU-13	FRI-14
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step YR	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
9-945-Fit & Strong		9-945-Fit& Strong		Houston Food Bank Closing at 10AM -12PM
950-1050-Line-Dance	10-11 Game-Day-w/Coach	950-1050 Line Dance	10-1045-Pilates	
11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	
12-1245 -Men-Fit	1150-1230 Boot-Camp	12-1245 -Men-Fit	1150-1230 Boot-Camp	
1-145-Step	1245-130-Yoga	1-145-Step	1245-130-Yoga	
3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)	2-3 Game-Day-w/Coach		
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8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step YR	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
9-945-Fit & Strong	9-10 Seated Tai Chi Bingo YR	9-945-Fit& Strong	9-10 Seated Tai Chi w/Misty YR	
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11-1145- Move-Fit	11-1145-Chair-Fit	11-1145- Move-Fit	11-1145-Chair-Fit	10-1045 Zumba
12-1245 -Men-Fit	1150-1230 Boot-Camp	12-1245 -Men-Fit	1150-1230 Boot-Camp	11-1145-Move-Fit
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MON-24	TUE-25	WED-26	THU-27	FRI-28
8-845-Walk-Video-	8-845-Walk-Video	8-845 -Walk-Video	8-845-Walk-Video	8-845 -Walk-Video
8-845-Step YR	9-945-Strength	8-845-Step YR	9-945-Strength	9-945-Fit & Strong
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3-4 Line Dance Sheila	(1:45-2:45pm AD unavailable)	2-3 Game-Day-w/Coach		
MON-31	TUE-	WED-	THU-	FRI-
8-845-Walk-Video-				
8-845-Step YR				
9-945-Fit & Strong				
950-1050-Line-Dance				
11-1145- Move-Fit				
12-1245 -Men-Fit				
1-145-Step				
3-4 Line Dance Sheila				

AUGUST 2026

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31				



THE PINNACLE SENIOR CENTER PARKS & RECREATION



5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30am - 4:30pm • 832-471-2765



Aquatics

Calendar Schedule

Aquatics Hours Mon-Fri 7:30-4:00 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
To participate in "Aquatic" activities you must register sign a waiver of liability You must also attend/view a pool orientation video on safety and guidelines	IMPORTANT You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds		IMPORTANT No Free-Swimming during Lap Swimming Period	Swim lessons taught by Mr. Booker & Tyler 	
NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!					
MON-3	TUE-4	WED-5	THU-6	FRI-7	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am -1050am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim		
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Zumba	
12pm-115pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-115pm Free Swim	
115pm-2pm Water Warriors	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics	2pm-3pm Aqua Aerobics	115pm-2pm Water Warriors	
215pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim	3pm-350pm Free Swim	3pm-350pm Free Swim	215pm-3pm Swim Lessons (INTERMEDIATE)	
2pm-350pm Free Swim		3pm-350pmSwim Lessons (ADVANCED)		2pm-350pm Free Swim	
MON-10	TUE-11	WED-12	THU-13	FRI-14	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am -930am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	Aquatic Center Closed at 945am	
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics		
12pm-115pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	Houston Food Bank 1pm-3pm	
115pm-2pm Water Warriors	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics	2pm-3pm -Aqua Aerobics		
215pm-3pm Swim Lessons (BEGINNER)	3pm-350pm Free Swim	3pm-350pmSwim Lessons (ADVANCED)	3pm-350pm Free Swim		
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MON-17	TUE-18	WED-19	THU-20	FRI-21	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am -1050am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	11am-12pm Aqua Zumba	
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	12pm-115pm Free Swim	
12pm-115pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	12pm-2pm Free Swim	115pm-2pm Water Warriors	
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3pm-350pm Free Swim		3pm-350pm Free Swim		3pm-350pm Free Swim	
MON-24	TUE-25	WED-26	THU-27	FRI-28	
730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	730am-9am LAP SWIM	
9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am-1030am Swim Lessons	9am -1050am Free Swim	
9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	9am -1050am Free Swim	11am-12pm Aqua Zumba	
11am-12pm Aqua Zumba	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	11am-12pm Aqua Aerobics	12pm-115pm Free Swim	
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2pm-350pm Free Swim		3pm-350pm Free Swim			
MON-31					
730am-9am LAP SWIM	LAP SWIMMING: Lap swimming lanes are separated by speed please follow posted signage		Swim At Your Own Risk NO LIFEGUARD ON DUTY MUST HAVE WATER SHOES		Swim Lessons: Mr. Booker Instructs morning lessons Tyler Instructs afternoon lessons *Swim Lessons are held in designated area at the same time as Free Swim
9am-1030am Swim Lessons					
9am -1050am Free Swim					
11am-12pm Aqua Zumba					
12pm-115pm Free Swim					
115pm-145pm Water Warriors					
2pm-3pm Swim Lessons (BEGINNER)					
2pm-350pm Free Swim					
Volunteer Swim Instructor		Aqua Zumba Instructor		Aqua Fitness Coordinator and Instructor	
Booker Canty		Sandra Patterson		Tyler Shannon	

August 2026

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 (Weight Room Hours- (7:30-4:15 PM) & (Aquatics hours (7:30-4:00 PM)

August 2026 Activity

Calaendar

Please make sure you sign in at the front desk daily!

Participation in Pinnacle Programs requires a registration form and signed liability waiver.

For updates, ask about our monthly Email-Blast and Remind101 text reminders.

(AUD)-Auditorium/Exercise Gym

(YR)-Yoga Room Located in Aquatics Area.

(MPR) Multi-Purpose Room

Wk-1	MON-3	TUE-4	WED-5	THU-6	Friday-7
800-900AM					
900-10AM	Diabetes Education-MPR			Quilting Bee 9-3PM	
1000-11AM	The Mix Book Club Library	Techie Tuesday		Beaded Bracelets - Library	
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWSS - 12-3 pm
1PM-2PM	Bid Whist		Bid Whist		
2PM-3PM	1-4PM		1-4PM		
3PM-4PM					
Wk-2	MON-10	TUE-11	WED-12	THU-13	FRI-14
800-900AM					Houston Food Bank
900-10AM	Diabetes Education-MPR				Senior Box Distribution
1000-11AM				YouTube & GCGlobal - Library	1-3PM
1100-12PM		Greater Works Bible Study			Pinnacle Senior Center
12PM-1PM				Mahjongg Open Play 12-3pm	Will Close at 10AM -12PM
1PM-2PM	Bid Whist	Bridge	Bid Whist		
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-3	MON-17	TUE-18	WED-19	THU-20	FRI-21
800-900AM			Art & Meditation 8-10am - MPR		
900-10AM	Diabetes Education-MPR	Sound Bath Meditation - MPR			
1000-11AM		Medicare w/Karina		Growing Food & People - Library - Class Canceled	
1100-12PM		Greater Works Bible Study			Bingo 11AM-12PM
12PM-1PM				Mahjongg Open Play 12-3pm	Red Hat Society
1PM-2PM	Bid Whist	Bridge	Bid Whist		12-3PM
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-4	MON-24	TUE-25	WED-26	THU-27	FRI-28
800-900AM					
900-10AM	Diabetes Education-MPR			Quilting Bee 9-3PM	
1000-11AM				MS Word Basics - Library	WWPP - 10AM-12PM
1100-12PM		Greater Works Bible Study			
12PM-1PM					WWSS- 12-3PM
1PM-2PM	Bid Whist	Bridge	Bid Whist		
2PM-3PM	1-4PM	1-4PM	1-4PM		
3PM-4PM					
Wk-5	MON-31	TUE-	WED-	THU-	FRI-
800-900AM					
900-10AM	Diabetes Education-MPR				
1000-11AM					
1100-12PM					
12PM-1PM					
1PM-2PM	Bid Whist				
2PM-3PM	1-4PM				
3PM-4PM					

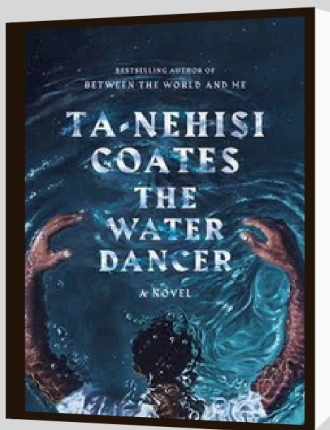
PINNACLE SENIOR CENTER LIBRARY NEWSLETTER

Hours & News

HOURS

Mon	9 am – 1 pm
Tue	9 am – 1 pm
Wed	9 am – 1 pm
Thu	9 am – 1 pm
Fri	9 am – 1 pm
Sat	CLOSED
Sun	CLOSED

THE MIX BOOK CLUB



GROWING FOOD WITH PEOPLE



August 20,
10 am

Programs & Events

August 3 (10:00 - 11:00 am)

The MIX Book Club: *Water Dancer*,
by Ta-Nehisi Coates

August 6 (10:00 - 11:00 am)

Beaded Bracelets: Join us in creating beaded
bracelets at this adult-craft activity!

August 13 (10:00 - 11:00 am)

**Free Online Learning Resources - YouTube and
GCFGlobal:** Learn how to use YouTube and
GCFGlobal to do almost anything.

August 20 (10:00 - 11:00 am)

Growing Food and People: Join Andonnia
Maiben, agent, for an
exciting **CANCELED** This is a
commu... growing your own
food and removing barriers. The community is a
resource, and we aim to provide a platform for
resource sharing.

August 27(10:00 - 11:00 am)

MS Word Basics: Learn how to use Microsoft
Word, a word-processing software tool.



A HEALTHIER YOU STARTS TODAY!

PREVENT TYPE 2 DIABETES

YOU HAVE THE POWER TO CHANGE YOUR FUTURE!

Join our **CDC-Recognized Diabetes Prevention Program** and take control of your health, reduce your risk, and live your best life!

Small Steps
BIG
Results!

**1 IN 3
ADULTS**

HAS PREDIABETES—
DON'T BE
ONE OF THEM!



**LOSE
WEIGHT**

5–7% of your
body weight



**GET MORE
ACTIVE**

150 minutes
per week



**LOWER
RISK**

Reduce your risk
of Type 2 Diabetes
by up to 58%



**IMPROVE
HEALTH**

Better energy,
better mood,
better YOU!

WHAT YOU'LL GET:

- ✓ Expert-led sessions with a Registered Dietitian
- ✓ Practical tips on eating well, moving more & managing stress
- ✓ Support from a group that encourages you
- ✓ Tools & strategies for long-term success
- ✓ A healthier future—for YOU!

JOIN US AT
Pinnacle Senior Center!



CLASSES HELD ON
MONDAYS AT 9:00 AM

CLASSES BEGIN ON

- ✓ Monday, August 3, 2026
- ✓ Monday, August 10, 2026
- ✓ Monday, August 17, 2026
- ✓ Monday, August 24, 2026
- ✓ Monday, August 31, 2026



WEEKLY CLASSES FOR 4 MONTHS
THEN BI-WEEKLY & MONTHLY SESSIONS



1 HOUR PER CLASS



FUN, FRIENDLY & SUPPORTIVE ENVIRONMENT



SOME CLASSES MAY BE OFFERED VIRTUALLY
DETAILS TO BE SHARED CLOSER TO START DATE

**LIMITED
SPOTS!
SIGN UP
TODAY!**



**GLUCOSE
BOOT CAMP™**

Powered by WellSpan Nutrition LLC

LED BY:

**Shana McGowan,
MS, RDN, CDCES**
Registered Dietitian Nutritionist
Certified Diabetes Care and
Education Specialist

READY TO TAKE THE FIRST STEP?
YOUR HEALTH. YOUR FUTURE. YOUR CHOICE.



**SIGN UP WITH
ANGIE!**



TECHI TUESDAY



What the Emoji??!



Aug 4, 2026



Focus: **Clear, confident
communication**



What Students Learn:

- ✓ Texting basics
- ✓ Emojis (basic + advanced)
- ✓ Tone and meaning
- ✓ Common misunderstandings



Seated TAI CHI BINGO



GENTLE MOVEMENTS • STRONG BENEFITS • BETTER HEALTH

Join us for Sun Style Tai Chi where we will review the movements by playing the game of Bingo.

Movements include: Warm-Ups, 6 Basic Movements, and Cool Down.



*Move
Gently,
Live
Well!*

BENEFITS MAY INCLUDE:



Improve balance
and stability



Increase flexibility and
joint mobility



Enhance strength
and coordination



Reduce stress and
promote relaxation



Support independence
in daily activities

CLASS SCHEDULE



9:00 AM

- Tuesdays, August 04
- Tuesdays, August 18
- Tuesdays, August 25
- Tuesdays, September 01
- Tuesdays, September 08
- Tuesdays, September 15
- Tuesdays, September 22



Seated TAI CHI for Health



GENTLE MOVEMENTS • STRONG BENEFITS • BETTER HEALTH

Join us for Sun Style Tai Chi.

An evidence-based program with gentle, slow movements designed to improve balance, flexibility, and overall health.



*Move
Gently,
Live
Well!*

BENEFITS MAY INCLUDE:



Improve balance
and stability



Increase flexibility and
joint mobility



Enhance strength
and coordination



Reduce stress and
promote relaxation



Support independence
in daily activities

CLASS SCHEDULE



9:00 AM–9:30 AM

- Thursdays, August 06
- Thursdays, August 20
- Thursdays, August 27
- Thursdays, September 03
- Thursdays, September 10
- Thursdays, September 17
- Thursdays, September 24





GREATER WORKS BIBLE STUDY & PRAYER MINISTRY

Tuesdays from 11am-Noon

PINNACLE Senior Center
5525 Hobby Road,
Houston, TX 77053

All are Welcome to Join!
(You must be a registered patron.
To register, you have to be 55 years of
age and live in Fort Bend Houston)



Card Players

Monday & Wednesday – Bid Whist

You are free to play your cards
as you wish, but not to
choose them.

1 pm – 4 pm
in the
Multi-Purpose Room



Pinnacle Quilting Bee



Come join us



.....*

Meets 1st, 4th and 5th
Thursdays.
9:00-3:00pm

.....*



Bring your own projects



Wild n Woolly Sewl Sisters



**Every 1st & last
Friday of the month
Noon – 3 pm**



MAHJONGG

OPEN PLAY



 **Pinnacle Senior Center**

 5525 Hobby Road, Building C

 Every 2nd & 3rd Thursday

 12:00 PM - 3:00 PM

 getmoving@fithouston.org

All 55+ Players Are Welcome!

FREE!

**HIGH INTENSITY.
ZERO LIMITS.**

WATER WARRIORS

AQUA FITNESS CLASS

**30
MINUTES**

**HIGH INTENSITY
WORKOUTS.**

**BUILT IN THE WATER.
STRONG IN EVERY WAY.**



**MUST BE NOT
AFRAID OF**

WATER

**OR GETTING
FACE WET!**

**A 30-MINUTE HIGH INTENSITY CLASS
THAT COMBINES HIGH CARDIO AND
STRENGTH TRAINING FOR A FULL
BODY WORKOUT.**

A POWERFUL COMBINATION OF:



HIGH CARDIO

Boost endurance,
burn calories,
and get your
heart pumping!



STRENGTH TRAINING

Build lean muscle,
tone your body,
and increase
overall strength!



**BURN CALORIES
MAXIMIZE RESULTS**



**LOW IMPACT
HIGH RESULTS**



**BUILD STRENGTH
TONE & SCULPT**



**FEEL AMAZING
IN AND OUT
OF THE POOL**



**FUN. MOTIVATING.
STRONGER
TOGETHER!**



houston
foodbank

WILL BE HERE

Friday
AUGUST 14, 2026



The Pinnacle will be **CLOSED**
10:00 AM – 12:00 PM



Food Distribution will be
1:00 PM – 3:00 PM



donation

Senior Box Distribution

(Commodity and Supplemental Food Program - CSFP)

The Houston Food Bank has commodity boxes of shelf stable food valued at \$50 retail from the USDA/TDA to distribute to qualified senior applicants.

Bring a cart to take your cheese/boxes home or to your vehicle.

Requirements for receiving Senior Box:

Be a resident of one of these counties: Harris, Montgomery, Galveston, Brazoria, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend

Be age 60 or older

Meet the following household income guidelines:

Household of 1: Monthly income does not exceed \$1,729

Household of 2: Monthly income does not exceed \$2,345

All applicants are subject to verify their age, residence, and household income.



Can't make it to the distribution?

Have your family or a friend pick up your Senior Box for you by following these instructions:

- Write a letter stating you give them permission and include a time frame the person is allowed to pick up your box (for example: today only or always)
- Sign and date that letter
- Send the designated person with the letter and some form of your ID (a copy or photo of your ID or your apple/ food bank card)
- Make sure the designated person also brings their own ID for verification
- Please bring your ID or Apple Card to pick up Senior Box

Need additional food assistance? Call the Houston Food Bank Helpline at 832-369-9390

PINNACLE SENIOR CENTER

Friday August 14, 2026

1:00P.M- 3:00P.M

5525-C HOBBY ROAD

HOUSTON, TX, 77053

Distribución de Senior Box

(Programa Suplementario de Comestibles Básicos - CSFP)

El Banco de Alimentos de Houston tiene cajas de alimentos estables en almacenamiento valorados en \$50 de la USDA/TDA para distribuir a los solicitantes mayores que califiquen.

Traiga una carreta para llevar la comida a su vehículo o a casa.

Requisitos para recibir Senior Box:

Ser residente de uno de estos condados: Harris, Montgomery, Galveston, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend

Tener 60 años o más.

Necesita cumplir con las siguientes pautas de ingresos familiares:

Hogar de 1 persona: El ingreso mensual no excede \$1,729

Hogar de 2 personas: El ingreso mensual no excede \$2,345



Todos los solicitantes están sujetos a verificar su edad, residencia e ingresos familiares.

¿No puede llegar a la distribución?

Pida que un familiar o amigo recoja su Senior Box siguiendo estas instrucciones:

- Escriba una carta indicando que les da permiso e incluya un período de tiempo en el que la persona puede recoger su caja de alimentos (por ejemplo: solo hoy o siempre).
- Firme y incluya la fecha en esa carta.
- Envíe a la persona designada con la carta y alguna forma de identificación (una copia o foto de su identificación o su tarjeta de manzana/banco de alimentos).
- Asegúrese de que la persona designada también traiga su propia identificación para la verificación.
- Traiga su identificación y tarjeta de manzana para recoger su Senior Box.

¿Necesita asistencia alimentaria adicional? Llame la línea de ayuda del Banco de Alimentos de Houston: 832-369-9390

PINNACLE SENIOR CENTER

Friday August 14, 2026

1:00P.M- 3:00P.M

5525-C HOBBY ROAD

HOUSTON, TX, 77053

**FORT BEND COUNTY
PRECINCT 2 CONSTABLE**

PRESENTS

**HURRICANE
SURVIVAL KITS**

DRIVE THRU EVENT

**FRIDAY, AUGUST 14, 2026
11:00AM-1:00P**

**SIENNA ANNEX
5855 SIENNA SPRINGS WAY
MISSOURI CITY, TEXAS**

**DON'T WAIT FOR THE STORM...
PREPARE FOR IT**

**FOR ALL INQUIRIES,
KINDLY CALL 832-471-4172**

The Rose B. Johnson
Colon Cancer Awareness Foundation

presents our

ALL WHITE PARTY *Fundraiser*



AUGUST 15, 2026



THE PINNACLE SENIOR CENTER
5525 #C Hobby Road • Houston, TX 77053



6:00PM – 10:00PM



ATTIRE: ALL WHITE



CELEBRATING
August Birthdays



TICKETS:

- **\$20** Pre-Sale
- **\$25** At the Door

GET YOUR TICKETS EARLY!

PAYMENT OPTIONS:



PAYPAL
[@PAYPAL.ME/RBJCCF](https://www.paypal.com/US/merch/receive?email=@PAYPAL.ME/RBJCCF)



ZELLE
281.701.5029

Thank you for your support!

Join us for a night of purpose, elegance, and community as we raise awareness, honor survivors, and celebrate life. Mark your calendars and get your all-white outfits ready — *this will be a beautiful evening you don't want to miss.*



Monthly MEDICARE WORKSHOP

Every 3rd Tuesday at 10 a.m.

AUGUST
18
2026

Every 3rd Tuesday at 10 a.m.

The Houston-Galveston Area Agency on Aging is funded by the Centers for Medicare and Medicaid Services and Administration for Community Living to provide unbiased assistance with Medicare.

CMS.gov
Centers for Medicare & Medicaid Services



Facilitated by
Penelope

SOUND BATH

MEDITATION



Tuesday,
August 18, 2026



9:00 AM -
10:00 AM



**Pinnacle Senior Center
of Fort Bend County**

5525-C Hobby Road
Houston, TX 77053
United States



TO SIGN UP:

Please visit the
Reception Desk
to reserve your seat.

SEATING IS LIMITED

BENEFITS OF SOUND BATH & MEDITATION

- Promotes deep relaxation
- Reduces stress and anxiety
- Supports emotional well-being
- Improves focus and mental clarity
- Encourages restful sleep
- Helps calm the nervous system
- Creates a sense of inner peace and balance
- Enhances overall wellness



CONSTABLE DARYL L. SMITH, SR.

PRESENTS

BINGO PARTY

Friday

August 21, 2026

11am - 12pm



Pinnacle Senior Center

5525 Hobby Rd Bldg C.

Houston, TX 77053

Come out to enjoy the bingo party, win
fun prizes, and eat delightful snacks.



SENIORS♥ ART & MEDITATION

Painting, Crafting and
Meditation!

REGISTER NOW

(832) 471-2760

@ Pinnacle Senior Center

5525 Hobby Rd Bldg C, Houston, TX 77053

Date: Wednesday, August 19, 2026

Time: 8:00 am – 10:00 am



Presented by:





The Red Hat Society

*Good Friends. Great Times.
Fabulous Memories.*



LAUGHTER • FRIENDSHIP • FUN

JOIN US!

WE MEET EVERY
3RD FRIDAY
of the Month

12:00 PM – 3:00 PM



WEAR YOUR
Red Hat
AND BRING

*New members are
always welcome!*



Thank You

FOR BEING PART OF OUR

Pinnacle Family!



WE'D LOVE TO HEAR FROM YOU!



Pinnacle Senior Center
5525-C Hobby Road
Houston, Texas 77053



832.471.2765



pinnacleinfo@fortbendcountytexas.gov



Gwendolyn Tealer
Facility & Program Manager

HOURS OF OPERATION



SENIOR CENTER

Monday – Friday
7:30 AM – 4:30 PM



AQUATIC CENTER

Monday – Friday
7:30 AM – 4:00 PM

STAY CONNECTED!



[pinnacleseniorcenter](https://www.facebook.com/pinnacleseniorcenter)



[Return to Home Page](#)

*Building friendships,
promoting wellness, and
enriching lives every day.*



5525-C Hobby Road
Houston, TX 77053



832.471.2765



[fortbendcountytexas.gov](https://www.fortbendcountytexas.gov)